

Welcome to Hurlburt Fitness Complex

The focus of fitness at Hurlburt Field is definitely on the leading edge. Our training equipment is second to none. A well-organized and diversified sports and fitness program provides opportunities to further personal growth and enhance group morale. It also develops and maintains a high standard of physical fitness levels with guidance and program designs to help you attain your fitness goals. Fitness is critical to the success of our lives. A fit individual is more efficient, healthy, has a positive self-image, and is able to accomplish the mission.

The Fitness Center is dedicated to providing professionally managed and diversified programs based on the needs and desires of our community. Our goal is to increase mission effectiveness through improved quality of life for all military personnel and their families involved in our program.

The Fitness Center Staff

FOR MORE INFORMATION:

ADERHOLT FITNESS CENTER

259 Tully Street Bldg. 910517
Hurlburt Field, FL 32544
Tel. (850) 884-6949/6884 Fax (850) 884-4670
HOURS OF OPERATION:
0500-0100 Weekdays
0800-1800 Weekends & Holidays

COMMANDO FITNESS and WELLNESS CENTER

452 Cody Avenue Bldg. 90232
Hurlburt Field, FL 32544
Tel. (850) 884-4412/4018 Fax # (850) 884-2780
HOURS OF OPERATION:
0600-2100 Weekdays
Closed Weekends & Holidays

RIPTIDE FITNESS CENTER

150 Loop Road Bldg. 91007
Hurlburt Field, FL 32544
Tel. (850) 881-5121/5122 Fax # (850) 881-5120
HOURS OF OPERATION:
0600-2000 Weekdays: Monday - Friday
Closed Weekends & Holidays

HEALTH and WELLNESS CENTER (HAWC)

Tel. (850) 884-4292
Fax (850) 884-6321
HOURS OF OPERATION:
0630-1700 Weekdays
Closed Weekends & Holidays

CLASSES: - Nutrition/Fitness - Micro Fit
For Weight loss - Sports Nutrition
- Eating Heart Healthy - Nutrition 101
- Exercise Prescription Class - Senior Fitness
- Healthy Back Class (PT) - LEARN Program
- Commissary Tour - Diabetic Nutrition/
- Prenatal Nutrition/Fitness - Fitness

BLDG. 90517 Aderholt Fitness Center (Area=30,090 SF)

Basketball/Volleyball Court	4 Racquetball Courts
Multi-purpose Room	Co-ed Sauna
2 Steam rooms	
Weight/Cardio/Nautilus Room	Locker Rooms
25-Free Weights Equipment	Men's Lockers (234/15-VIP)
33-Cardiovascular Machines	Women's Lockers (117/3)
24-Nautilus Equipment	

BLDG. 90232 Commando Fitness and Wellness Center (Area=39,231 SF)

Basketball/Volleyball Court	Circuit Training Room
Climbing Room Treadwall/ Ropes	Classroom/Kitchen
2 Racquetball Courts	2 Saunas
Commando Fitness Room	Ergometry Room
Parent/Tot Room	
Weight Room/Cardio	Locker Rooms
28- Free Weights Equipment	Men's Lockers (300)
39- Cardiovascular Machines	Women's Lockers (132)
33- Nautilus Equipment	

BLDG. 91007 Riptide Fitness Center (Area=14,785 SF)

Multi-purpose Room	Coed Sauna
Smoothie/Juice Bar	
Weight Room/Cardio	Locker Rooms
24- Cardio Machines	Men's Locker (102)
40- Nautilus Equipment	Women's Lockers (66)
Fitness Advisor	

OUTDOOR AREAS

Multiple biking/jogging/skating/running/walking courses
1.5-Mile Courses (4)
2, 4.6, and 10 mile hard surface courses
5K hard surface course
Multi-station Par Course in running track area with 20 Stations
Multi-station 1 1/2 mile par course with 17 stations
Quarter mile state of the art track with 8 lanes and a multi-purpose field
6 Tennis courts
Roller Hockey Rink
2 Softball Fields
Picnic pavilion with gazebo and picnic area

PROGRAMS

Intramural Sports

Men/Women's 3on3 Basketball	25 Jul - 2 Sep 05
Flag Football	Oct - Dec 05
Women's Flag Football	Oct - Dec 05
Intramural Basketball	14 Dec 04 - Mar 05
Women's Basketball	14 Dec 04 - Feb 05
Indoor Soccer	25 Jul 04 - 9 Sep 05
Women's Softball	21 Mar- Jun 05
Intramural Softball	21 Mar - Jun 05
Soccer	4 Apr-Jun 05
Volleyball	4 Apr- Jun 05
Horseshoes	18 Jul - Aug 05

Extramural Sports

Tennis	Apr 05
Over-30 Basketball	7 Nov 04 - Feb 05
Over-40 Basketball	9 Nov 04 - Feb 05
Racquetball	Jan 05
Over-30 Softball	Mar - June 05
Golf	7 Apr - Jul 05

Varsity Sports

Men's & Women's Softball	Mar - Aug 05
Men's & Women's Basketball	Aug 04 - Feb 05
Soccer	Aug 04 - Mar 05
Roller Hockey	Sep 04 - Feb 05

Special Events

Fit Eagle Challenge	18 Feb 05
Tennis Clinic	Apr/May 05
Softball Tournament	25-27 Mar 05
May Fitness	1-31 May 05
Super Day	6 May 05
Sound of Independence	1 Jul 05
Commando Run	Oct 05
Turkey Trot 5-K Run	Nov 05
Aerobathon	Dec 05
10 Mile Challenge	Dec 05
Friday the 13-K Relay Run	13 May 05
Track Meet	Apr 05
Cardio Club	Jan-Dec 05
Mount Everest Challenge	Jan-Dec 05
Racquetball Tournament	TBD

SERVICES

Massage Therapist	\$28-1/2 hour	\$40/hour	
Personal Trainer	\$25/session	\$100/6	\$190/12
Lockers			
Towel Service			
Equipment Checkout			
Field Reservation			
Fitness Equipment Orientation			

MONITORED FITNESS IMPROVEMENT PROGRAMS

23 Classes per week consisting of:
11 Aerobic Classes
3 Body Sculpting
7 Spin Cycling
2 Yoga (Riptide Fitness Center)

Aerobics - Free

CLASS SCHEDULE:
Mon & Wed 0930, 1110, 1700 and 1745
Tuesday & Thursday 0615, 1110 and 1800
Friday 1110 and 1700
Saturday 0830 (Cardio Mix)

Spin - Free

A cardiovascular workout using a heart rate monitor and a stationary bike in a group setting. Spinning combines resistance and RPM riding in and out of the saddle with innovative music and visualization techniques.

CLASS SCHEDULE:
Mon, Wed 0545 and 1130
Tue & Thu 1700
Fri 1130

Yoga

Tuesday & Thursday 1700-1800 (\$15.00 per month)

Yoga keeps the body fit, supple and strong; the mind aware and stress free. It is a practice that involves mental, physical, emotional and spiritual components. Yoga will create a more flexible, balanced and strong body.

FACILITY ELIGIBILITY AND DRESS CODE

Ref: HURLBURT FIELD INSTRUCTION 34-102

1. Eligible patrons are designated in the following categories: Active duty and reserve component personnel, armed forces retirees, active and retired appropriated and nonappropriated fund employees of the Department of Defense, and their family members.
2. Active duty personnel have priority whenever a conflict exists.
3. DOD contractor personnel, as approved by the installation commander.
4. All other groups as approved by the installation commander.
5. Guests assume the same responsibilities as their adult sponsor and must be signed into the facility. Sponsor is responsible for guest's actions.
6. Sponsor is limited to one guest only.
7. Exceptions must be submitted in writing by the sponsor and approved by the Fitness Director and/or the Director's designated representative.
8. Patrons and their guests must be at least 17 years old for unrestricted entry into Fitness Center.
9. Patrons and their guests must be 17 years or older to use a sauna or steam room.
10. Youths, 14 through 16 years old, may enter the facility anytime and utilize all areas except sauna/steam room when accompanied by a parent/legal guardian at all times, and under their direct control at all times. Use is encouraged during non-peak hours, i.e., 0800 – 1000 and 1300 – 1630, Monday through Friday and all day on weekends and holidays.
11. Youths, 13 years old and under, with direct parent/legal guardian control at all times, are allowed on court surfaces only. Use is encouraged during non-peak hours, i.e., 0800 – 1000 and 1330 – 1630, Monday through Friday and all day on weekends and holidays.
12. Patrons must have a valid Department of Defense identification with them at all times i.e., while running, exercising outdoors, etc. Patrons are subject to identification checks anytime during hours of operation.
13. During indoor special events, extramural, intramural, recreational event(s), etc., any age spectators are permitted inside appropriate areas. Patrons, 16 years old or younger, must be accompanied by a parent/legal guardian at all times and be under their direct control at all times.
14. Proper attire consists of athletic and/or sports wear worn at all times while using the facility.
15. Sexually explicit or revealing attire will not be worn. Sports or workout attire must completely cover all private areas and no see-through clothing is permitted.
No military uniform items, boots, jeans, sandals, etc., while using and/or participating in indoor play.
17. Attire will not have any obscene, racial, vulgar, or any other offensive depictions.
18. The senior on-duty Fitness Center person is responsible for enforcement. Enforcement will be based on legal, moral, safety or sanitary grounds.
19. No vulgar/profane language or loitering permitted in the facility at any time.

NOTE: - Patrons will adhere to all posted rules within this facility.
- The Fitness Center staff will have the final decision concerning any disputes
- Policies are subject to change based on mission requirements.

GENERAL RULES

1. The Fitness Center has certified personal trainers, as well as members who are knowledgeable in the proper use of equipment. If patrons are uncertain about how to operate any fitness equipment, or any other type of facility equipment i.e., sauna, steam room, etc., they are required to contact the staff for assistance.
2. Individuals must incorporate stretch, warm up, and cool down when exercising.
3. Towels are required at all times when working out to wipe down equipment after each use. Be courteous and allow others to utilize the equipment in between routines.
4. Eye guards are mandatory for racquetball court use.
5. No food or drink allowed on hardwood court surfaces. Shoes must be hand carried. Shoes worn outside the facility are not permitted.
6. When using the track, runners must use the inside lanes, while walkers must stay in the outside lanes. No vehicles, bicycles, rollerblading, skateboarding, and pets in the track. Cleated and/or spiked shoes are not permitted.

FACILITY USE AND RESERVATION

- Advanced reservation to use any facility or equipment must be submitted in writing (at least 24 hours prior) and be approved by management.
- Racquetball court reservation can be called in no earlier than 1200 hours the day prior.
- Customers must fill up AF Form 1297, Temporary Issue Receipt, when signing out equipment to use outside the facility.
- Reservation of facilities for squadron fitness assessments must be coordinated in advance. Contact the Fitness Center Superintendent or NCOIC at 884-6884 for arrangement or send E-mail request to fitness.scheduling@hurlburt.af.mil.

RESERVATIONS ARE
FIRST COME, FIRST SERVED BASIS

FREE PLAY BASKETBALL RULES

1. Courts will be utilized to insure the highest participation. All games will be played to 11 points or a 12 minute time limit, whichever comes first.
2. Sign-ups for court time will be on a first come basis. All participants will print their last name and be on the court when their name is called. If the participant is not available, their name will go to the bottom of the list. Sign-ups will be annotated on a clipboard.
3. In case of a walk-off, the next person on the list will be eligible to play. If the participant declines, the team will play with 4 players.
4. The winning team will hold the court for a maximum of three games.
5. Proper fitness attire (athletic and/or sports wear) must be worn. Jewels must be removed.
6. No dunking allowed.
7. In case of a dispute or question, the Fitness Staff will make the final decision.

Adherence to the above policies and good sportsmanship will ensure a safe and enjoyable time for you. Help us help you make your free play basketball more pleasurable.



Through Fitness
We Support the World

2005

